

# BabyCare

For you, for your baby



**Virginia Department of  
Medical Assistance Services**  
**1-800-643-2273**  
**[www.cns.state.va.us/dmas/](http://www.cns.state.va.us/dmas/)**

# You're pregnant!

Making sure your baby is healthy begins before your baby is born.

## Your baby needs you to be healthy!

- Get health care as soon as you know you are pregnant. Keep getting care all during your pregnancy.
- Eat healthy foods.
- Do not smoke, drink alcohol, or use other drugs. They can hurt your baby.
- Exercise. Talk to your doctor before you start an exercise program.
- Find out about the BabyCare program!



As soon as you know you are pregnant, call the Department of Social Services. Find out if you are eligible for Medicaid benefits. To find your local office, call 1-800-230-6977.

This booklet gives only basic facts about pregnancy. Be sure to talk with your doctor, nurse, or other health-care provider about all of your health needs.

The persons whose photographs are depicted are models. Any characters they are portraying are fictional.





# BabyCare can help!



## Taking care of yourself and your baby can be hard work.

But you do not have to do it all alone!  
BabyCare can help you with:

- rides to health-care appointments
- eating to keep yourself and your baby healthy
- learning how to be a good parent
- family planning
- finding out about programs to help with any special pregnancy or infant health needs
- referral to a visiting nurse.



## The Commonwealth of Virginia wants to help

you and your baby to be as healthy as you can be.

- My local Department of Social Services is at phone number: \_\_\_\_\_
- My Case Manager is: \_\_\_\_\_  
Phone number: \_\_\_\_\_

To learn more about BabyCare,  
call 1-800-643-2273.  
The call costs you nothing.

# Understanding your pregnancy

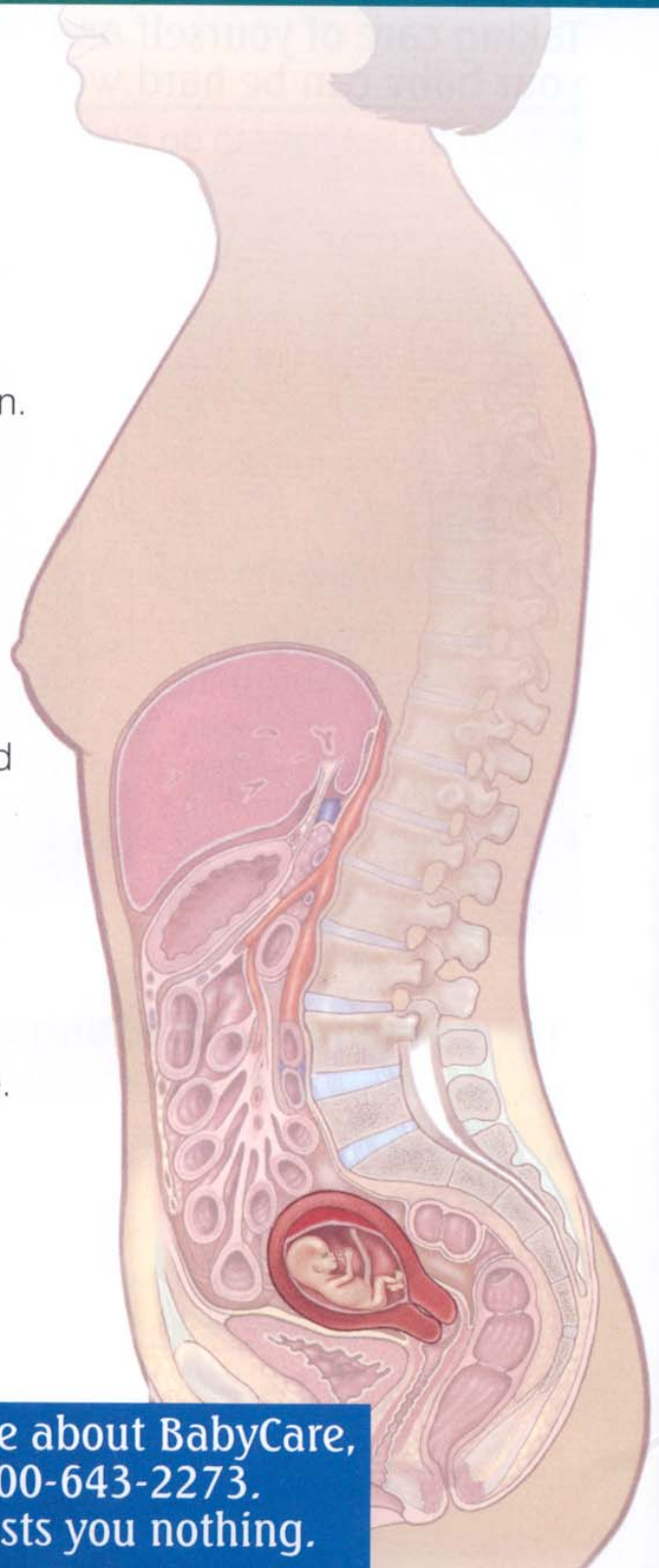
## The first 3 months

### What's happening with you?

- Your breasts feel full.
- You feel tired.
- You might feel sick.  
You may even vomit.
- You may urinate more often.

### What's happening with your baby?

- Its hands, fingers, feet, and toes are fully formed.
- Its eyes are formed.
- Its body is covered with fine hair.
- It is around 3 inches long and weighs about 1 ounce.



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## Morning sickness is a common discomfort.

It can happen at any time of day. Try some of these ideas:

- Eat 5 to 6 small meals a day. Do not let your stomach stay empty.
- Eat some crackers or dry toast before getting out of bed.
- Avoid strong smells or foods that make you feel sick.
- Do not eat greasy or spicy food.

## WIC\* is a special program

to help keep women, infants, and children healthy. WIC helps you get food. It can also teach you about eating right.

You can join WIC if you meet income limits and are:

- pregnant
- breastfeeding
- a woman with a baby younger than 6 months old

## Eating right helps your baby grow.

For example, folate (folic acid) helps prevent birth defects of your baby's brain and spine. Women need at least 400 mcg of folate a day. Some pregnant women need more.

Eating right helps keep you healthy, too. Ask your doctor how many servings of these foods you should eat:

- meat, poultry, fish, beans, or eggs
- rice, bread, pasta, or grains
- fruit
- vegetables
- milk, cheese, or yogurt.

Take vitamins as your doctor tells you to.

- a child under 5 years old.

Call 1-800-421-7376 to find out more about WIC.

\* WIC® is a registered trademark of the United States Department of Agriculture.

# Understanding your pregnancy

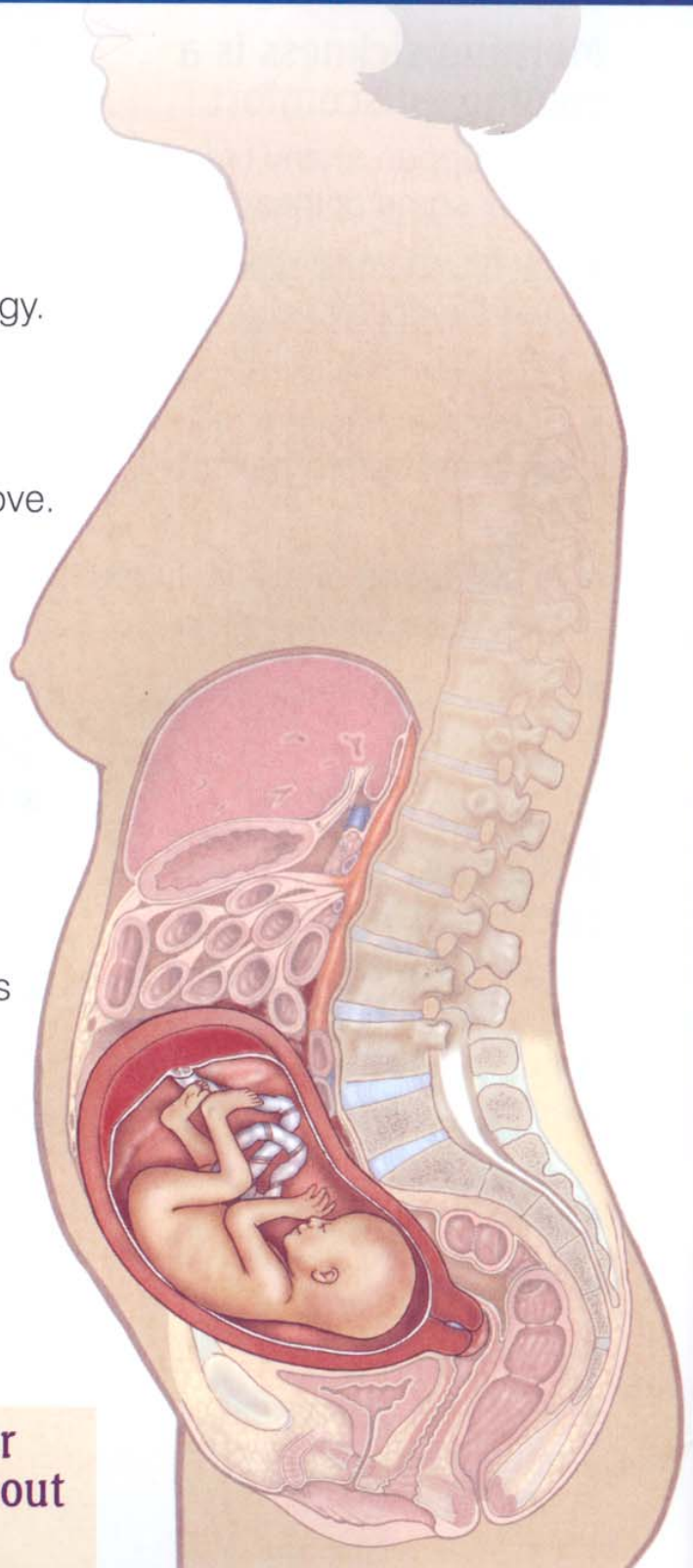
Months 4, 5, and 6

## What's happening with you?

- You will probably stop feeling sick.
- You may have more energy.
- You might get heartburn.
- You may be constipated.
- You can feel the baby move.

## What's happening with your baby?

- It can hear sounds and knows your voice.
- It may suck its thumb.
- Its lungs are growing.
- It is about 11 to 14 inches long and weighs up to 2 pounds.



**Remember: Ask your Care Coordinator about the WIC Program.**





## Dealing with heartburn

To help stop it:

- Eat slowly while sitting up straight.
- Do not eat spicy foods.
- Do not lie down right after eating.
- Drink some milk or eat some yogurt.

## Go to the dentist

for a checkup. Being pregnant can affect your teeth and gums.

## Keep taking the vitamins

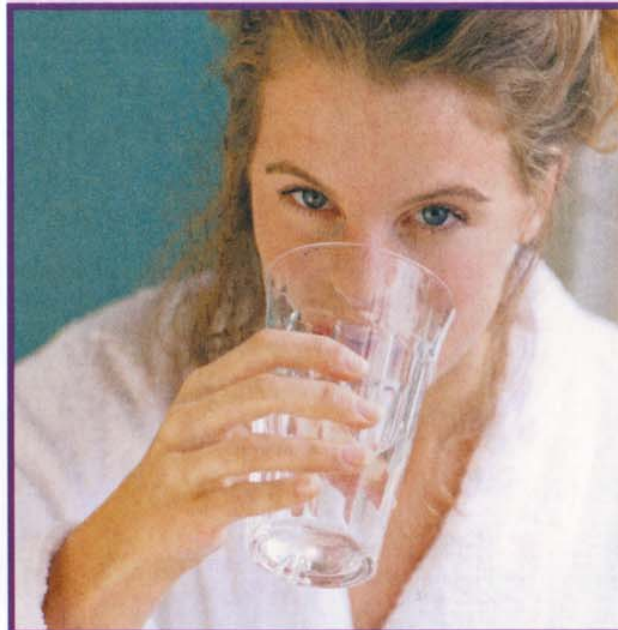
your doctor told you to take. Eat foods with lots of folate. Some ideas are beans, green peas, and oranges. Ask your doctor for more ideas.



## Dealing with constipation

Try these tips:

- Eat more raw fruit and vegetables.
- Make sure you drink 8 to 10 glasses of water or juice every day.
- Get some exercise. Talk to your doctor first.
- Do not use laxatives unless your doctor says it is OK.



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# Understanding your pregnancy

Months 7, 8, and 9

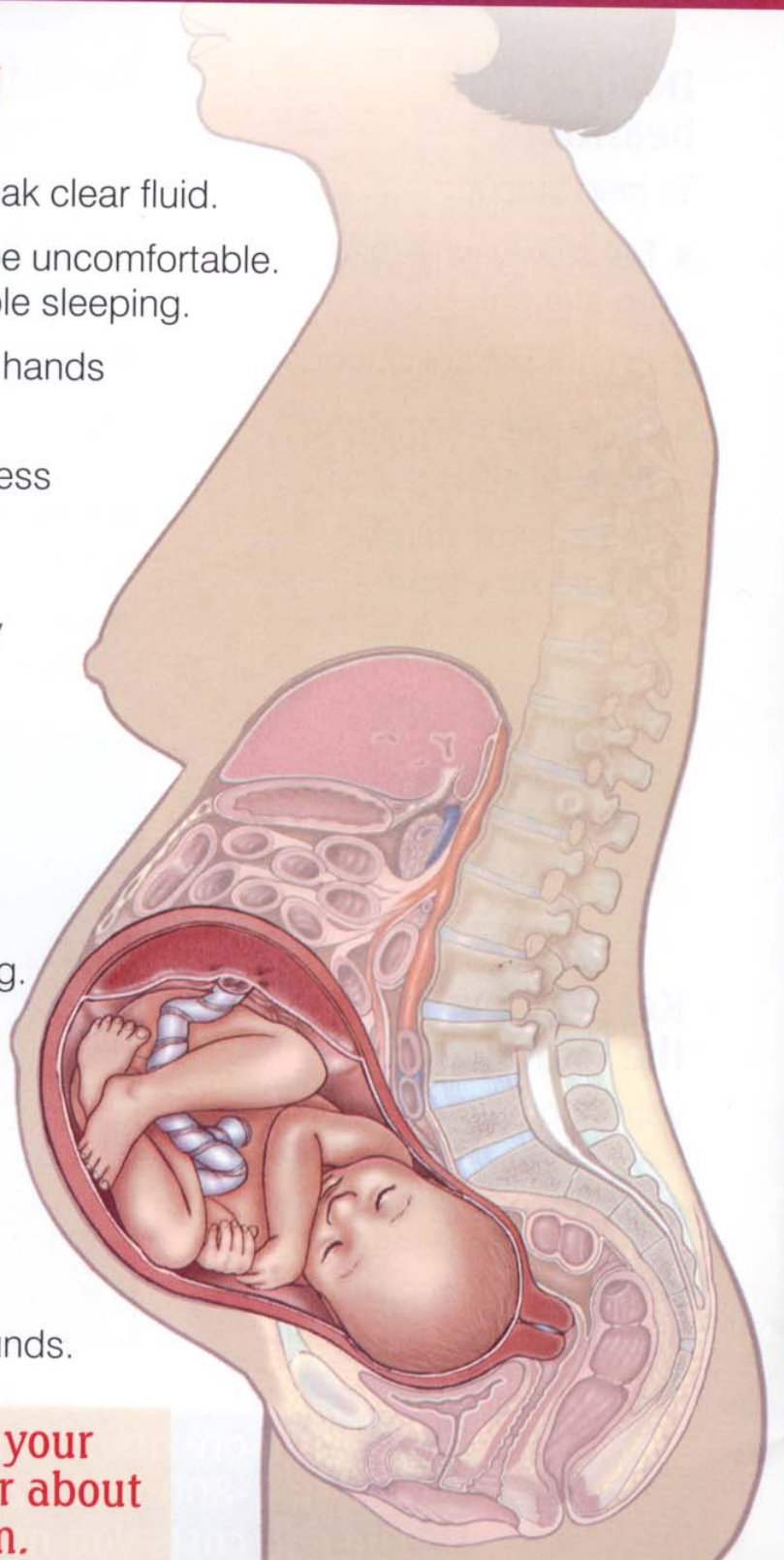
## What's happening with you?

- Your breasts may leak clear fluid.
- Lying down might be uncomfortable. You may have trouble sleeping.
- Your feet, legs, and hands may swell.
- You may have painless contractions.
- It may be easier to breathe as the baby moves down into the birth canal.

## What's happening with your baby?

- It practices breathing.
- Its eyes can open and close and see.
- It usually turns upside down.
- It is about 18 to 22 inches long and weighs up to 10 pounds.

**Remember: Ask your Care Coordinator about the WIC Program.**







## You may have backaches.

These tips can help:

- Wear shoes with low heels.
- Have good posture when standing and sitting.
- Put a pillow behind your lower back when sitting.
- Sleep on a firm mattress. Or put a board under your mattress.

## Go to the dentist if you have not already.

Being pregnant can affect your teeth and gums. Get a checkup before your baby comes.



## Know when to call your doctor.

Ask your doctor how to know when you are in labor. Find out when you should call him or her.

Ask about warning signs that mean you or your baby needs care right away. Call your doctor at once if you have any warning signs.



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# Be ready for your baby

weeks before your due date.

## Make your home safe.

Ask your doctor for safety tips for things like:

- getting a safe crib
- installing smoke detectors
- buying an infant car safety seat
- getting rid of lead hazards in your home.

## Pack a bag for the hospital.

- For you, take a bathrobe, slippers, and toilet articles (such as toothbrush and shampoo). Also bring loose-fitting clothes to wear home.
- For your baby, take an outfit to wear home, diapers, and a baby blanket and cap.

## Be ready to get to the hospital.

- Get directions or a map, and drive there.
- Know where to park and enter the hospital.
- Make sure your car seat is installed properly.
- Keep the car full of gas.

**Keep phone numbers for your doctor, hospital, and partner with you!**





# After your baby is born,

sign him or her up with the Department of Social Services.

## Ask your Care Coordinator

about these programs:

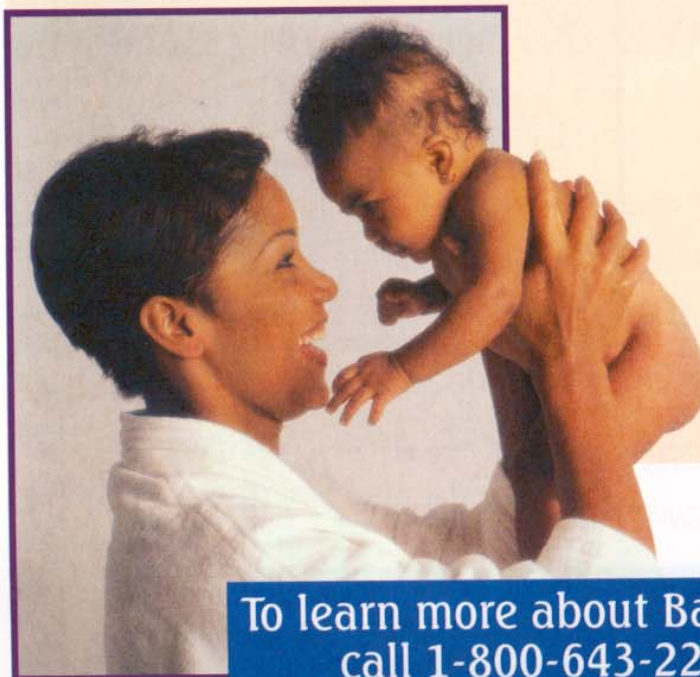
- WIC services
- home visitation services
- CMSIP (Virginia's health insurance program for children)
- disabled children services
- Head Start
- pregnancy prevention services.

## Ask your doctor

about any problems you may have after giving birth. Some common ones are:

- pain from stitches or tears, nursing, or cramps
- the "baby blues" -- feeling low, moody, and crying a lot
- questions or worries about getting back to normal.

You still need folate every day. It helps get your body ready for another pregnancy. Take vitamins with 400 mcg folate as your doctor recommends.



## WIC is important after your baby is born, too.

WIC helps you with breastfeeding. It can also help you get formula. Read more about WIC on page 5.

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# How does your baby grow?

It is exciting to watch your baby change!  
Most babies can do these tasks by these ages.



## By about 2 months

your baby may:

- smile and coo
- follow a moving object with his or her eyes
- turn his or her head when he or she hears you.

## By about 4 months

your baby may:

- laugh out loud
- grasp toys
- lift his or her head and chest when on stomach
- reach for his or her toes.



## Every baby is different

and grows at his or her own rate.

If you are worried that your baby is not growing properly, talk to your doctor.





### By about 6 months

your baby may:

- babble
- roll over
- sit alone
- raise his or her arms to be picked up
- pass things from hand to hand
- put things in his or her mouth.



### By about 9 months

your baby may:

- know his or her name
- play peekaboo
- eat food with fingers or a spoon
- crawl and pull up to standing
- point at things.

### Protect your baby's health.

- Always put your baby down to sleep on his or her back. It may help prevent SIDS (sudden infant death syndrome).
- Make sure he or she gets all needed shots (immunizations).
- Follow your doctor's schedule for checkups.
- Get health problems treated early. This helps keep them from becoming serious.

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# Your baby keeps on growing.

## By about 12 months

your baby may:

- say “dada” and “mama,” and another word or two
- walk with help
- pick up objects with thumb and finger
- throw things.

## By about 18 months

your baby may:

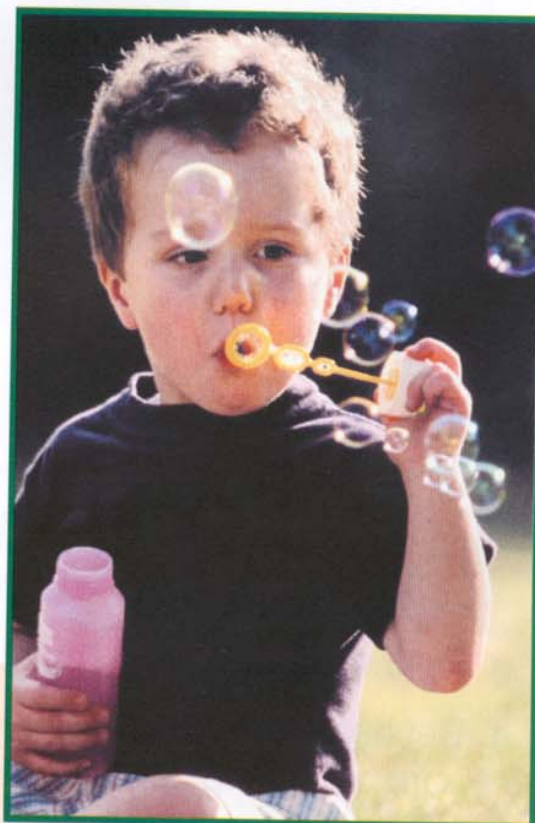
- know about 20 words
- build with blocks
- walk alone
- squat and kneel
- feed himself or herself
- carry things while walking.

## By about 2 years

your baby may:

- put 2 or 3 words together to make sentences
- call himself or herself by name
- walk up and down stairs
- turn pages of a book
- string together large beads.

**Remember: Call your child's doctor if you have questions.**





# Pregnancy checkups



Your checkup schedule may be different.

## First 3 months

Checkup 1 \_\_\_\_\_

Checkup 2 \_\_\_\_\_

Checkup 3 \_\_\_\_\_

## Months 4, 5, and 6

Checkup 4 \_\_\_\_\_

Checkup 5 \_\_\_\_\_

Checkup 6 \_\_\_\_\_

## Months 7, 8, and 9

Checkup 7 \_\_\_\_\_

Checkup 8 \_\_\_\_\_

Checkup 9 \_\_\_\_\_

Checkup 10 \_\_\_\_\_

Checkup 11 \_\_\_\_\_

Checkup 12 \_\_\_\_\_

Checkup 13 \_\_\_\_\_

Checkup 14 \_\_\_\_\_

Checkup 15 \_\_\_\_\_

Checkup 16 \_\_\_\_\_

## Well-baby visits are important!

Have your child's doctor fill in the date of your child's next exam.

Newborn \_\_\_\_\_

2 months \_\_\_\_\_

4 months \_\_\_\_\_

6 months \_\_\_\_\_

9 months \_\_\_\_\_

12 months \_\_\_\_\_

15 months \_\_\_\_\_

18 months \_\_\_\_\_

2 years \_\_\_\_\_

**Your baby is counting on you. BabyCare can help before and after your baby is born.**



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